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DUFFY, THE TORY PARTY SLAYER?

SENATOR PLAYS OFFENCE: 'ONE CHEQUE FROM NIGEL WRIGHT? NO, LADIES AND GENTLEMEN, THERE WERE TWO CHEQUES'

PAGE 8

Share tales Of Monsters & Men

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Music First

MacKinnon loving NHL life

Teen sensation. Local star proving he belongs

ANDREW RANKIN
andrew.rankin@metronews.ca

The overwhelming cocktail of anxiety, anticipation and excitement had finally run its course. Now, Nathan MacKinnon could let the momentous occasion sink in.

The Cole Harbour native and 2013 No. 1 NHL draft pick had just picked up a pair of assists in his first regular season game with the Colorado Avalanche on Oct. 2 — a home opening 6-1 win over the Anaheim Ducks in front of a sold-out Pepsi Centre.

"I just remember the crowd roaring," MacKinnon said by phone over the weekend. "I also remember the goosebumps I was feeling. It was a special moment. They seem to be adding up as I go along."

Indeed.

Ten days later, the 18-year-

In sync

"I'm just the new kid on the block. I haven't reached celebrity status yet."

Nathan MacKinnon on life in Colorado

old former Halifax Mooseheads star scored his first NHL goal — a laser snapshot that beat Washington Capitals goalie Michal Neuvirth blocker side.

"To score your first NHL goal was a dream of mine. It's definitely a memorable feeling."

Then came the media frenzy centring on him and Cole Harbour's other No. 1 pick — Pittsburgh Penguins' Sidney Crosby — facing off on Oct. 21. It didn't ultimately measure up to the hype; both ended up pointless in a 1-0 Avalanche victory.

"But, it was fun," said MacKinnon. "I know Sidney as a buddy. It was very cool. But really I wasn't stargazing.

But, at the same time, I grew up cheering for Pittsburgh and to play in that rink was such a thrill for me."

Playing in a city boasting four pro teams, MacKinnon isn't exactly a household name quite yet. It's a change from a city in which his former hockey home, the Metro Centre, bears a monstrous shot of him hoisting the Memorial Cup located beside its main entrance.

"It's nothing like Halifax," he said of the attention he gets.

Since starting the season with seven points in six games, MacKinnon has been held pointless in his last five. He admits that he's still adjusting to the speed and intensity of the NHL game, but has no doubt he'll emerge as a bonafide NHLer.

His progress comes as no surprise to his former bench boss, Mooseheads head coach Dominique Ducharme.

"It's a man's game and he's adjusting to that, it's a normal process," said Ducharme.



Nathan MacKinnon of the Colorado Avalanche skates against the Anaheim Ducks during preseason action at Pepsi Center on Sept. 18. The Cole Harbour forward has made a smooth transition into the NHL. DOUG PENSINGER/GETTY IMAGES



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Peninsular development gets another look by the city

Agenda. HRM's new advisory committee provides additional layer of citizen scrutiny to development proposals outside downtown core



RUTH DAVENPORT
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The city's newest citizens' committee got its feet wet this week, plowing through two and a half of the development applications on its agenda.

The planning advisory committee for districts 7 and 8 met at city hall Monday to begin the work of providing "clear advice" to city staff and developers seeking applications outside the downtown.

"Coun. (Jennifer) Watts and I wanted to have a stronger community voice earlier in the process to ... interpret what we hear from the public information meetings," said Coun. Wayne Mason after the meeting. "I think this went really well."

The eight citizens and two elected representatives will provide comment to planning staff who are working on developers' applications — but will not approve or reject applications.

The committee members debated two cases and heard a presentation on a third as a two-hour meeting stretched into three.

The two cases commented on were both eight-



Currently, 2183 Gottingen St. is a vacant lot and home to a memorial gardens. JEFF HARPER/METRO

storey residential buildings in the Bilby and Isleville area. Both have townhouse units at ground level with apartments above.

The committee focused on the "pedestrian experience" of the new buildings, emphasizing the importance of green space at street level. The impact of the buildings on neighbouring properties was also a concern, with committee members emphasizing the importance of architectural design over blank walls.

Both developers are seeking development agreements, which essentially allow additional height in ex-

Quoted

"If that's the level of depth we're getting into ... when they're brand new, I can't imagine how great it's going to be once they've really got their feet wet."

Coun. Wayne Mason, referring to the new committees

change for the city's input on every other aspect of the design.

"What we're doing is trading off control over height for control over



A rendering of one of two mixed-use buildings proposed for the area. CONTRIBUTED

other aspects of the building," said Mike Bradfield. "I feel uncomfortable being in that position of having to make that trade off."

The case the committee did not deliberate involves

two mixed-use buildings that are nine and six storeys high on Gottingen Street. About half the units will be affordable housing.

The current height restriction on Gottingen is about five storeys.

"Really what it boils down to on each of these ... is height," said city planner Mitch Dickey during a presentation to the committee. "It's really going to be a question of how does this proposal stand up under (Municipal Planning Strategy) policies."

The committee will meet again in the near future to discuss the application.

1 NEWS

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Bus-shelter fire. Police awaiting autopsy results in homeless man's death

The province's medical examiner's office is still looking for more information before releasing the results of an autopsy conducted on a homeless man found dead last week in a bus-shelter fire in rural Nova Scotia.

A spokesman for the medical examiner's office said the cause of the delay is that the case remains under investigation.

The official could not comment when asked whether it was standard practice to delay releasing autopsy results on cases still being investigated.

Nova Scotia RCMP Sgt. Al LeBlanc said in his experience he has never seen this type of wait before.

"It's unusual," he said.

The body of 62-year-old Harley Lawrence was found early Wednesday morning in Ber-

Funeral

A funeral service for Harley Lawrence is scheduled for 11 a.m. on Wednesday at White Family Funeral Home in Kentville.

wick after the bus shelter he routinely slept in went up in flames.

Originally from Hants County, Lawrence had been living in Berwick — a community of 2,500 in the Annapolis Valley — since spring of 2013.

The Mounties said they are treating Lawrence's death as suspicious. Police have not laid any charges.

The community where Lawrence died held a candlelit vigil on Saturday in his memory.

GEORDON OMAND/FOR METRO

Shooting. Halifax man pleads guilty to second-degree murder

A man being charged in relation to a 2011 shooting death has pleaded guilty to second-degree murder.

Halifax police charged Russell Beaver in September 2011 after officers found the body of 32-year-old Shawn Mead in Mead's Bilby Street residence.

Relying on crucial eyewitness testimony, investigators say they were able to determine that Mead had died from multiple gunshot wounds about three weeks earlier.

Beaver — who was 23 at the time of his arrest — was scheduled to begin a jury trial on Monday for first-degree murder.

Instead, he pleaded guilty



Russell Beaver METRO FILE

to second-degree murder in Mead's death.

Beaver is out on bail until his sentencing hearing on Jan. 9. METRO

Legislature

Brief fall session beginning Nov. 28

Nova Scotia's new Liberal government is announcing the fall sitting of the legislature will begin on Nov. 28.

That will also be the date the lieutenant-governor reads the speech from the throne.

The Liberals won a majority government in the Oct. 8 election, taking 33 seats, while the Tories won 11 and the NDP took seven.

Premier Stephen McNeil

has said he believes his government is coming into power facing the task of dealing with a deficit, despite a previous NDP government forecast of a slim surplus.

During the campaign, McNeil questioned the surplus and ruled out reducing the harmonized sales tax unless Nova Scotia can register surpluses that offset revenue declines that result from such a tax cut.

The Liberals have also promised to cut the number of health boards from 10 to two. THE CANADIAN PRESS



Post three-car pile-up in Dartmouth

Police and firefighters attend the scene of a three-vehicle accident on Woodland Avenue in Dartmouth on Monday. Several people were treated on scene by paramedics. JEFF HARPER/METRO

Halifax burger joint back for seconds

The Works. Restaurant reopens after five-day closure

GEORDON OMAND

halifax@metronews.ca

The Works Gourmet Burger Bistro in Halifax is back in business after closing down for less than a week.

The national franchise reopened the Halifax hamburger joint on Sunday, a mere five days after former owner Alan Garner shut down the Doyle Street operation.

Garner blamed the sudden

closure on a lack of support from the company's head office in Ontario.

A hand-written note posted on the restaurant's front door on Wednesday read: "The staff, management and owners of this Works franchise send their love. Unfortunately, the Works head office in Oakville, Ont., does not send you the same."

"We were shocked," said franchise president and CEO Andy O'Brien. "We were not aware that they were going to close it."

The franchise has an "in-depth training program for all franchisees" and has had "tons of support down there," he



The Works on Doyle Street

JEFF HARPER/METRO

added.

In the wake of the sudden closure, O'Brien said head of-

fice sent employees to Halifax to work with local staff to get the restaurant back in operation.

He said the head office will continue to manage the Halifax location for "as long as necessary."

O'Brien said he has not been in communication with Garner since the restaurant closed.

The Halifax bistro opened in February 2013, becoming the first Works franchise outside of Ontario.

It is one of several gourmet burger restaurants to open in the city in quick succession, including CheeseCurds, Relish, Ace Burger and, most recently, Flipburger.

Target Canada announces opening date for new location in Nova Scotia

Target Canada has announced the opening dates for 33 more stores across Canada on Monday, including a fourth location in Nova Scotia.

Thirty-one new Target stores will be opening Nov. 13, including at the Sydney

On target

4

The number of Targets in Nova Scotia

Shopping Centre. The other two new locations — includ-

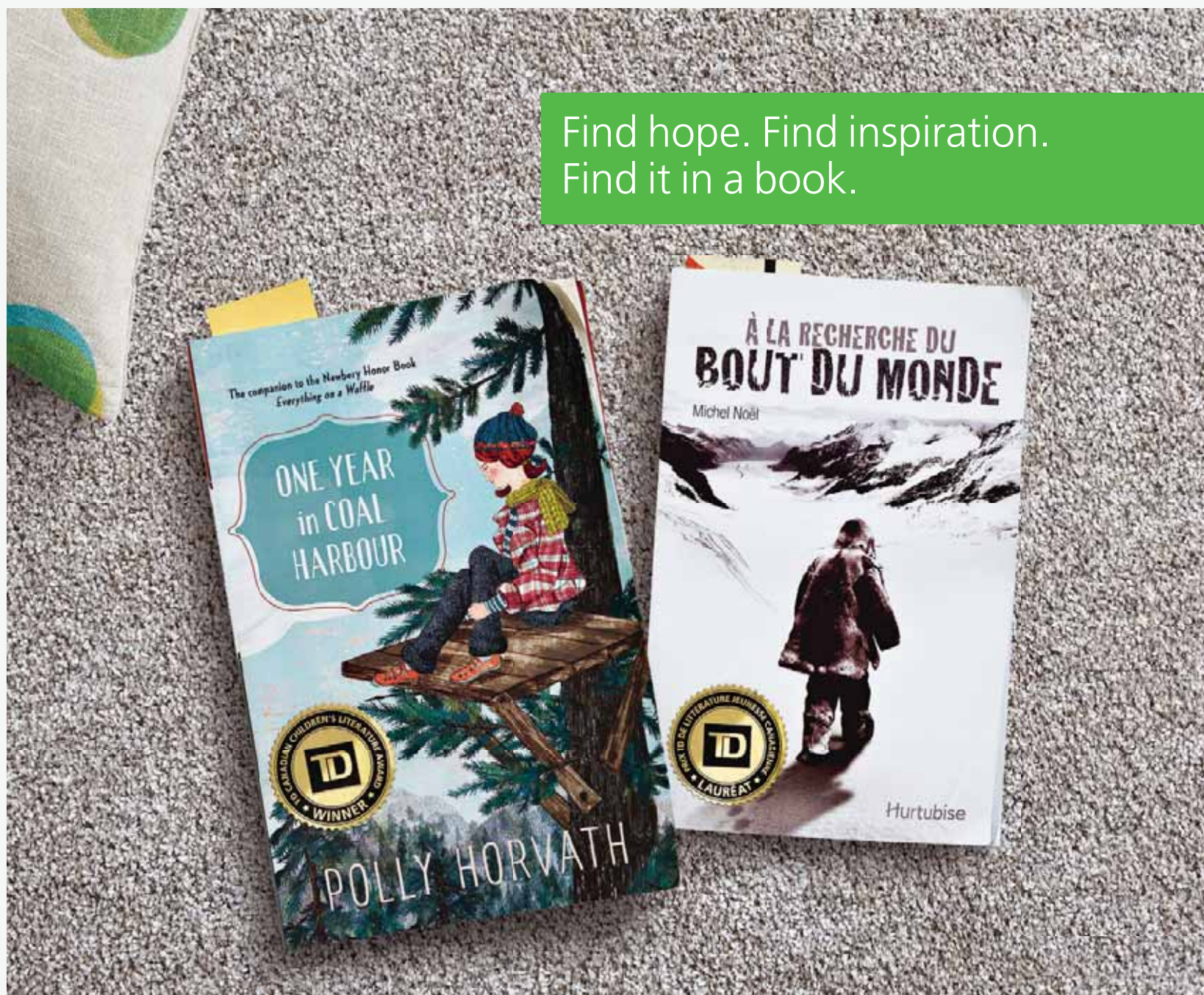
ing the first in Prince Edward Island at the Charlottetown Mall — will open Nov. 22.

"The goal for our Canadian expansion was to open 124 stores across all ten provinces in 2013, and we are proud to say ... we have accomplished this unprec-

ented undertaking," said Tony Fisher, president, Target Canada, in a statement.

On Sept. 17, Target opened 23 more stores, including its first three in Nova Scotia — Mic Mac Mall in Dartmouth, Bedford Place Mall and Bayers Lake. METRO

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It's not all cloud and mirrors — the new Halifax Central Library is stacking up nicely

A worker adjusts his safety harness while putting some of the finishing touches to the exterior of the Halifax Central Library on Monday. The new library is scheduled to open in the spring of 2014. JEFF HARPER/METRO

Advocates calling for more time

Maritime Link.

Complex commercial agreement needs more study, conference hears

Advocates for Nova Scotia's consumers, small businesses and electricity ratepayers say they need more time to study a complex commercial agreement that deals with the proposed \$1.5-billion Maritime Link project.

Nelson Blackburn, the province's small business advocate, said Monday the latest agreement between Nova Scotia energy company Emera Inc. and Nalcor Energy, Newfoundland and Labrador's Crown energy company, requires closer scrutiny.

"We seem to be compressed to analyze this application," he said. "It's very important.... We'd like to have more time to explore it."

The Maritime Link involves Emera's plan to build a subsea cable that would link Nova Scotia with Newfoundland, allowing an Emera subsidiary to buy energy generated by the

Hurry up, Emera says

Chris Huskisson, Emera's CEO, said the hearings should wrap up soon because the company wants to make sure construction contracts can go ahead and that there are no complications with a federal loan guarantee that aims to save Newfoundland and Labrador and Nova Scotia more than \$1 billion in borrowing costs for the Muskrat Falls project. The overall development is estimated to cost \$7.7 billion.

Muskrat Falls hydroelectric plant, which is under construction in Labrador.

Nova Scotia's energy regulator, the Utility and Review Board, has said it will approve the project, but only if Emera meets a series of conditions that will ensure the development becomes the cheapest option for ratepayers.

Last week, Emera released a so-called compliance filing that Emera says meets all of the conditions outlined by the

board in July.

On Monday, Emera held a four-hour technical conference at a Halifax hotel to answer questions about the agreement. A three-day round of public hearings is slated for next week.

A lawyer for the province's consumer advocate said more time is needed to study the deal, and the Nova Scotia Lower Power Rates Alliance — a recently formed citizens group — has formally asked for an extension from the regulator.

Alliance spokesman Todd McDonald said the board is expected to deliver its decision Wednesday.

"If we don't (get the extension), then we have only two business days to submit evidence to a very complex document that is substantially different than the original application," he said in an email.

"Emera and Nalcor had unlimited time to prepare for the first hearing and they took three years to prepare. They then had unlimited time to prepare their compliance filing. They are now asking ratepayers to hurry up because they think we should. It is ridiculous."

THE CANADIAN PRESS

Fracking review. Halifax protesters urging public to get involved

Scott Barber is on a mission to make sure fracking remains banned in Nova Scotia.

He and a dozen or so sign-toting protesters parked themselves in front of the Robie Street Irving on Monday afternoon, in part, to call attention to the province's impending fracking review.

"I want to protect Mother Earth, her water and the air, for my son and his future kids," said Barber.

Quoted

"Our economy is based on natural resources. If we harm the water, that could have serious implications on lumber, farming and fishing industries."

Protester Scott Barber

"We want the people, through the review, to make their voices heard. The new government has to hear our voices."

University of Cape Breton president David Wheeler is in charge of the review that is expected to probe several areas



Protesters demonstrate on Robie Street Monday. ANDREW RANKIN/METRO

of concern, from possible economic benefits to health risks associated with fracking.

Details of the review, which will include a public consultation phase, are expected to emerge this week, or next.

Participants of Monday's event said the demonstration was also in support of the ongoing protests against shale gas exploration in New Brunswick.

"I'm here to show support for the people of Elsipogtog and for the Mi'kmaq and for all people, francophones and anglophones in New Brunswick and the Atlantic region who are opposed to shale gas development," said protester Alyson McCready. "Every place where it has been tried it's failed. It's caused so much harm, and it's not worth it. We need to make sure it doesn't happen here."

ANDREW RANKIN/METRO

Cape Breton

Telecom company speaks out on Bell's new privacy policy

A Nova Scotia company says Bell should not be allowed to track how its customers use the web and watch television. Parker Donham of Sydney-based Seaside Communications says his company does not plan to compile similar information. According to its recently updated privacy policy, Bell will begin collecting customer data on Nov. 16. Bell has said the data will be used for improving network performance, creating marketing reports and selling targeted ads on mobile devices. Bell has also said the data it collects will not be linked with a customer's identity. THE CANADIAN PRESS

Correction

An article that appeared in Metro Halifax titled A store where small business can grow on Oct. 25 contained incorrect information. The organization Immigrant Settlement & Integration Services (ISIS) was mistakenly identified as "Immigrant Settlement and Immigration Services." Metro regrets the error.



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Cheque again: Duffy claims Tory lawyer covered \$13K in legal fees

Fuelling the inferno

Stephen Harper has steadfastly maintained he knew nothing of Nigel Wright's largesse, but the circle of PMO and party insiders who were in on the deal appears to keep growing. And Mike Duffy keeps fanning the flames.

- "I've never seen a cheque from Nigel Wright," Duffy noted, almost as an aside Monday. "But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."
- Duffy alleged — while conceding he could not prove — that the funds for his legal fees came from the Conservative party and thus from the pockets of the same party donors that the PMO was attempting to dupe and placate.
- Duffy laid the blame directly on Harper, saying, "This was all part of his strategy, negotiated by his lawyers and the Conservative party's lawyers, to make a political situation embarrassing to his base go away."
- Duffy said the PMO "rehearsed with me, right up until minutes before I went on television, the lines I would use in the media."



Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The \$90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled

from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal

disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of \$13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting

\$90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright ar-

ranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

THE CANADIAN PRESS

Man charged for allegedly trying to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was trans-

porting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of

it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else. THE CANADIAN PRESS



Antony Piazza is shown in a Montreal police photo. Piazza, 71, faces three criminal charges in connection with an alleged attempt to bring explosive material onto an airplane. MONTREAL POLICE/THE CANADIAN PRESS/HANDOUT

John Furlong. Olympics organizer says he's cleared of sex-abuse allegations

The man who organized the Vancouver Olympics says he's been cleared of sexual-abuse allegations brought by a former student, though the RCMP says the file remains open.

The allegations against John Furlong surfaced following a newspaper article published last fall suggesting he physically and verbally abused First Nations students at Burns Lake, B.C., while teaching at a Catholic school there in the 1960s.

This past July, Beverly Abraham and Grace West filed separate lawsuits against Furlong

alleging sexual abuse, and a third lawsuit was filed last month by a man who said he, too, was sexually abused.

Furlong says in an interview with Global News that police gave him a letter in April saying they found nothing to substantiate allegations by one of the complainants, identified as Abraham in a letter to Furlong that was posted online.

But RCMP Sgt. Rob Vermeulen says the file remains open and declined to comment further because civil actions are underway.

THE CANADIAN PRESS



An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNEZLI/THE ASSOCIATED PRESS

G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess

fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular

builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Wedding crasher

Man steals wedding gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general descriptions and are still investigating.

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to

Washington to demand answers.

THE ASSOCIATED PRESS



A man talks on the phone in Barcelona earlier this year — was someone else listening?

MANU FERNANDEZ/AP FILE

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Tim Hortons tests out first new coffee blend since 1964

Change percolating.

Canadian coffee icon to try out a dark roast as consumers 'becoming more educated' about their morning cup of joe

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love



Amid stiff competition, Timmies is testing a dark roast blend. TIM HORTONS

the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated.

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE



Phone-hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

THE ASSOCIATED PRESS

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GENERATION INSTAGRAM POPS THE Q

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple, and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the moment.

Asking someone to marry you is nerve-racking enough



SHE SAYS

Jessica Napier

metronews.ca

without thinking about all the logistics involved in co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors

to create a wonderful, personalized proposal, hassle-free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to retell to all of your friends and family until the day you're married, so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

This will give you spinal slithers



UJET IFANSASTI / GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. **METRO**

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. **METRO**

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing cham-

ber (-110 C) — but don't get too chilled, as you may well develop hypothermia and die.

- **Orgasm hotel.** The Venus-garden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Douglas Coupland is a bestselling novelist, a visual artist and the author of **TEMP**, an exclusive 20-parts-in-20-days story running in Metro starting Monday. Known for his musings on art, culture and technology, he's been quoted as saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.



ISTOCKIMAGES

Remembering facts:

Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Spinning blarney:

"I write fiction for a living," says Coupland. "Everything can be fact-checked these days and that can be a drag. It's harder to embellish a story."

Being wrong:

There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Sufragette City really means.

Visiting the library:

While libraries certainly do still exist, Coupland says he takes one walk in the stacks for every hundred he used to take.

Twitter



little diced tomato and lots sriracha.

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. **@DougCoupland** wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a

@Gary_Zinck: Have to have my KD with chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE



The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

5

Freaky flicks from Canada



Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.



Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."



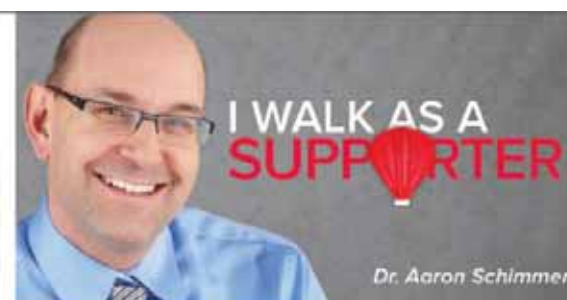
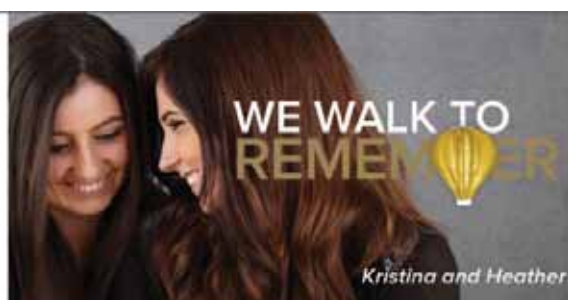
Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."



Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."



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The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA
GARRISON

Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music,



making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of

Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Claire magazine that while

she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

Twitter



@mcgregor_ewan

Rain on the roof of the trailer. Make me want to sleep.



Perry to fellow pop stars: Cover up already!



Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Jazzy Domestic Short Hair

This little 3.5 year old sweetheart was abandoned at the front door of our Sydney shelter. Jazzy is friendly to the extreme and is known to reach through the bars of her kennel door to make physical contact with visitors. She is trusting and has a delightful playful streak that is sure to entertain. As with most Cape Breton personalities, she doesn't have a shy bone in her body.

If you are interested in jazzing up your life, stop on by and ask for Jazzy. She is waiting for her new forever home...



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**Half Off:
Healthy
messages**

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN
BUUREN/
FOR METRO



Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA
CLARKE
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.



If you want to get cut, you have to put in the work. ISTOCK PHOTOS

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell

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Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.



if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

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- 4 Drake
Hold On, We're Going Home
- 3 Katy Perry
Roar
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Royals
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Carve a six-pack, get killer pecs and pump those biceps. Here are the moves to get you in God-like shape. For exercises using weights, perform three to four sets of 12 to 15 repetitions. For those using just body weight, perform five sets of 20 to 30 repetitions.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.



Turkish get up

Begin by lying on your back with a dumbbell in hand. Bend your right leg and put it closer to your torso. Keep the left leg straight. Raise the dumbbell over your stomach and punch the dumbbell toward the ceiling. In a full get up you stand all the way up and return to the starting position.



Battle rope toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.



Kettlebell twist

Sit down with your legs bent and your feet flat on the floor, about hip-distance apart. Hold the kettlebell with both hands at the chest, and then lean back to a 45 degree angle. Rotate your torso from left to right, twisting at the waist and swinging the kettlebell across your body. Form is very important.



Gents, there is nothing to be afraid of from the doctor. ISTOCK PHOTOS

Why won't the man in your life go to the doctor?

Men's health. Study finds that more than half of premature deaths among men are preventable if they are detected early enough

MAJA LUNDAGER PEDERSEN
Metro World News

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12

months.

Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour.

"What I experience much more with men (than women) is that they tend to deny and minimize symptoms and problems that they

are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' (The man says) no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick (before) coming to the doctor, it's too late," Swartz says.



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Spook 'em with meatball peepers



This recipe makes about 30 meatballs. THE CANADIAN PRESS

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake

for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

The boy who cried bully

Term overuse.

Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Was a losing team bullied? Is your angry spouse a bully? How about that co-worker who's always criticizing you? Or the politicians who forced a government shutdown?

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout

by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common thanks to national campaigns to draw attention to the real problem of bullying.

Malcolm Smith, a professor in the University of New Hampshire's education department, says what constitutes real bullying is measurable: Is the behaviour so damaging that it interferes with the target's ability to go to school or do their job or otherwise conduct themselves safely? And secondly, does the behaviour involve an imbalance of power?

THE ASSOCIATED PRESS

Bullies in sports?



In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a

fact of life," said Smith.

Which is not to say that bullying or other types of personal intimidation don't happen in sports. Rutgers basketball coach Mike Rice was fired for screaming at his players, calling them names and kicking and shoving them.

But under normal circumstances, learning to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas.

Bullies in politics?



In May, U.S. Sen. Harry Reid called Sen. Ted Cruz a "schoolyard bully." He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules.

That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, a conservative policy advocacy organization. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

For years before he became a psychotherapist, Leichtling had a career running research labs. He says it was good training for the anti-bullying work he does now. "Boy, I saw bullying in science," he said. "It's not an ivory tower. Academia is vicious!"



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metro

Your Neighbourhood

CLAYTON PARK

Tuesday, October 29, 2013



Sailor Erin Rafuse works out at the Canadian Sport Centre Atlantic's training facility in the Canada Games Centre in Clayton Park. RICHARD WOODBURY/FOR METRO

Producing world-class athletes

Canadian Sports Centre Atlantic. Organization is part of national network for elite competitors

RICHARD WOODBURY
For Metro

While the Canada Games Centre is a cutting-edge athletic facility, there are also some facilities in the building that are housed specifically for national team athletes and the next

generation of elite athletes. These fall under the umbrella of Canadian Sports Centre Atlantic (CSCA), part of a network of seven institutes across the country that work with current Olympians, Paralympians and those that stand a good shot of becoming ones in the future.

In its space, CSCA has

weight and nutrition rooms, and a testing area. As well, it uses the facilities of the Canada Games Centre as needed and its athletes can sometimes be found on the track or in the fieldhouse.

"When the building was designed, the idea was to have national team athletes and community members kind of coinciding at the same time," said CSCA president Ken Bagnell.

Seeing these elite athletes

up close and personal can help inspire people to achieve their fitness goals.

"What we're trying to create is an environment so the next generation, the young kids, can see the Olympians, the Paralympians, and know they can get there as well," Bagnell said.

One advantage of the CSCA is that it offers many support services that athletes need all under one roof, such as a strength and conditioning

coach, nutritionist and sports psychologist.

In the run of a month, CSCA will have 1,500 visits from national team members or developing athletes.

Prior to setting up shop in the Canada Games Centre in 2011, CSCA operated out of an office on Spring Garden Road. Moving to a facility like the Canada Games Centre allowed for a one-stop shop for athletes and has been a game changer. Not only are athletes visiting

more frequently, but they are being inspired by the other athletes.

"It's formed a great bond among the athletes within the sports and across the sports," Bagnell said. "I think that's something we've always looked to have."

CSCA is also changing the goals local athletes have.

"We've changed our thinking from being the best in the country to being the best in the world," Bagnell said.



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Sitting on the other side of the fence

Politics. Longtime MLA Diana Whalen now on the governing side of Province House

RICHARD WOODBURY
For Metro

When the legislature begins sitting there will be a noticeable change of scenery for Clayton Park West MLA Diana Whalen. For her first 10 years in office, her party was in opposition. Now, the Liberals are governing and Whalen has been named finance minister and deputy premier.

Regardless, at the end of the day, Whalen is still an MLA and is responsible for bringing the concerns of her riding to Province House. Given the riding has a large number of apartment buildings, tenancy concerns is one of them.

While in opposition, Whalen put forth a private member's bill to allow apartment residents to register complaints as a single entity with the Residential Tenancies board, rather than the status quo approach where people have to file complaints individually and have the cases heard individually, even if they have a joint concern.

She said the current approach is "overly bureaucratic, a waste of time, a waste of money for the tenants and also kind of prevents tenants from working together. If you have a common concern, I



Clayton Park West MLA Diana Whalen shakes hands with Premier Stephen McNeil at the recent swearing-in ceremony. GOVERNMENT OF NOVA SCOTIA PHOTO

think you should be encouraged to work together."

Whalen is hoping to have this piece of legislation passed.

As a growing riding, recrea-

tion infrastructure is a concern. While Clayton Park West boasts the Canada Games Centre, a showcase athletic facility, the riding lacks skateboarding infrastructure.

While on the campaign trail, Whalen says she was approached by numerous teenagers, who expressed their desire to have skateboarding infrastructure.

"The kids are out on their skateboards, they are out in school parking lots and here and there," she said.

Whalen said while recreation is more of an issue for municipal government, it is something the province could

collaborate on with the city.

One last issue Whalen will be championing is not unique to her riding. Since 2005, Whalen has been the lead proponent behind the idea of having an additional statutory holiday in February.

She said although the idea wasn't in the Liberals' platform, it is on the party's radar and she anticipates the holiday could be up and running in February 2015.

Area to finally get new transit terminal

While plans have been in the works for many years to replace the Lacewood Transit Terminal, the process is finally nearing an end.

City council gave the OK in the summer for city staff to proceed with the design and construction of a new terminal on Lacewood Drive.

The new terminal will be located between the Canada Games Centre and the Mainland North Linear Parkway Trail, across from Radcliffe Drive.

A new transit terminal is long overdue and an HRM report described the existing terminal as being "deficient in passenger amenities, safety, and overall capacity. The terminal does not meet the current or future needs of transit passengers."

Incredibly, when the existing terminal opened in 1991, it was only meant to be temporary.

A 2010 consultant's report identified possible locations for a new terminal and came up with four suggestions. Interestingly, it recommended locating the new terminal on Willett Street. Chebucto Community Council also endorsed this location, but backed off of its support last year.

Metro Transit is proposing a 12-bay transit terminal, which would also include a platform for exterior passenger waiting space and associated amenities, as well as a small building for staff facilities and interior passage space and amenities.

"We don't have a specific timeline for the terminal because we haven't gone to tender with it yet," HRM spokesperson Janet Bryson wrote in an email. "HRM is hopeful it could be completed by the end of 2014, however, we won't have any certainty until the contract has been awarded."

The cost of the new terminal is expected to be approximately \$8 million. **RICHARD WOODBURY**

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School is a showcase for diversity

Environment. Eclectic Halifax West student body enhances the learning experience

RICHARD WOODBURY
For Metro

Clayton Park has long had a reputation for being a landing pad for many immigrants who come to Nova Scotia. Nowhere is that diversity more on display than at Halifax West High School, the community high school.

"The diversity is really staggering," said school principal Tim Simony.

According to informal data, there are 70 different countries of origin and 45 different languages spoken at home among the student body. Students come from countries such as China, Nepal, Iraq, Iran, Syria, Lebanon, the Philippines, and Albania.

Halifax West's diversity enhances the learning environment.

"Every day you walk into Halifax West, you're coming up against the global perspective of the world," Simony said.

With students coming from a wide variety of backgrounds, including refugees and second-generation immigrants, they get exposed to a breadth of perspectives in the classroom.

There are also extra resources in place to help newcomers.

"We have two full-time English as another language teach-



With the student body representing approximately 70 different countries of origin, Halifax West High School is well-known for its diversity. RICHARD WOODBURY/FOR METRO

ers," Simony said.

As a point of comparison, Simony previously worked at another high school in Halifax and somebody would only come in one day a week to help.

When new students are

coming from a place where English isn't the first language spoken, an assessment is done to gauge how their English language skills are. This will determine whether they can take English with some extra support, or need to take Eng-

lish as another language.

English as another language is taught in a classroom with about 10 to 20 students and is just like any other course a student would take.

"It's the same 110 hours as they would have if they were

taking the English 10 or science 10 course," Simony said.

One of the things that impresses Simony most is even though some students come from countries engaged in conflict with other countries, the students come together with

the common goal of getting an education at school.

"Those external animosities don't carry over into their time at school," he said. "I think that speaks a lot to the capacity for youth to look at their future and goals."

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Unplanned outlays.

Data shows health care is a significant expense and a major factor in increasing stress levels



YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly \$1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over \$1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top \$5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your sav-

ings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Game 5 gem only brightens Lester's post-season lustre

World Series. Red Sox lefty takes care of business on mound, Ortiz and Ross produce key hits to pull within one win of another title

Jon Lester pitched the Boston Red Sox within a whisker of yet another World Series championship.

Lester bested Adam Wainwright once again, journeyman David Ross hit a tiebreaking double in the seventh inning and the Red Sox downed the St. Louis Cardinals 3-1 Monday night to take a 3-2 World Series edge.

David Ortiz delivered his latest big hit, too, sending this bearded band of Red Sox back to Fenway Park with a chance to clinch their third crown in a decade. Not since 1918 has Boston won the title at its own ballpark.

John Lackey gets the first chance Wednesday night against St. Louis rookie sensation Michael Wacha. A Cardinals win would set up a most spooky proposition for both teams — Game 7 on Halloween night.

Lester enhanced his reputation as an October ace with

Game 5	
3	1
Red Sox	Cardinals

every pitch. He allowed one run and four hits in 7 2/3 innings, striking out seven without a walk — nearly the same line he had in beating Wainwright in the opener.

The lefty who's won all three of his career World Series starts had just one scary inning, when Matt Holliday homered in the fourth, Carlos Beltran flied out to the wall and Yadier Molina hit a liner. Other than that, Lester was sharp as a knife.

Ortiz put the Red Sox ahead with an RBI double in the first, hitting the first pitch after Dustin Pedroia doubled on an 0-2 curve.

Ross, a greybeard on a team led by scraggly veterans, broke a 1-all tie when he hooked a drive just inside the left-field line, and the ball bounced into the seats for a go-ahead double. Jacoby Ellsbury later hit an RBI single.

Koji Uehara closed for his second save. **THE ASSOCIATED PRESS**



Red Sox starting pitcher Jon Lester makes a delivery to the plate during Game 5 of the World Series against the Cardinals on Monday in St. Louis. DAVID J. PHILLIP/THE ASSOCIATED PRESS



Penguins captain Sidney Crosby, left, and Tanner Glass celebrate Glass's goal on Monday night in Raleigh, N.C. **THE ASSOCIATED PRESS**

Pens put losing skid in the past

Rookie Jayson Megna had his first career goal and assist, and the Pittsburgh Penguins snapped a three-game losing streak by beating the Carolina Hurricanes 3-1 on Monday night.

Chris Kunitz and Tanner Glass also scored for the Metropolitan Division-lead-

ing Penguins. Brooks Orpik had three assists, Sidney Crosby added two and Marc-Andre Fleury stopped 20 shots.

Pittsburgh ended its longest losing streak since 2011-12 by defeating the Hurricanes for the fourth straight time.

Nathan Gerbe scored a

power-play goal for Carolina, which lost its third straight but remained tied with the New York Islanders for second in the division — five points behind the Penguins. Justin Peters made 26 saves in his second straight start in place of the injured Cam Ward. Ward is expected to

miss at least two more weeks after sustaining an unspecified lower-body injury during a loss at Minnesota last week. Including that game, the Hurricanes have lost all three games since he was hurt. Carolina has allowed at least three goals in four straight.

THE ASSOCIATED PRESS

QMJHL

Ashley named week's 1st star

Darcy Ashley has completed a stellar week with QMJHL first star of the week honours.

The Halifax Mooseheads forward scored game-winning markers in both of the team's home victories last week, a 4-2 win over the Charlotte-town Islanders on Wednesday and in Saturday's 4-3 victory

over the Bathurst Titan. In the Mooseheads' three games last week, all victories, Ashley collected three goals and five assists, for eight points.

Ashley has registered 14 points in eight games played this season.

Cape Breton Screaming Eagles forward Charles-Éric Légaré was named second star, while Rouyn-Noranda Huskies goaltender Alexandre Bélanger captured third star honours. **METRO**

NHL

Stars get win for Ruff in Buffalo

Tyler Seguin capped a three-goal, first-period outburst, and the Dallas Stars hung on to deliver coach Lindy Ruff a 4-3 win in his homecoming against the Buffalo Sabres on Monday night.

Matt Moulson scored two goals in his Sabres debut, a day after being acquired in



Matt Moulson scored two goals in his Sabres debut. GETTY IMAGES

a trade that sent Thomas Vanek to the New York Islanders. **THE ASSOCIATED PRESS**

NFL

Seahawks leave Rams on doorstep, improve to 7-1

Russell Wilson threw two touchdown passes to Golden Tate, and the Seattle Seahawks made a dramatic goal-line stand in the final minute to beat the St. Louis Rams 14-9 on Monday night. **THE ASSOCIATED PRESS**

4-SPORTS

Bouncing back on the hardwood

Any number of issues are sure to arise as the NBA regular season unfolds beginning Tuesday night. Here are six things to look forward to and think about before the games begin:

TORSTAR NEWS SERVICE

Photos by Getty Images



Tank for Wiggins

The 2014 draft is loaded — some see it almost as good as the 2003 draft — and it'll be fun to watch teams try to lower themselves into the bottom of the standings with mid-season moves designed to worsen them. The leaders as the gates open are Philadelphia and Phoenix, two remarkably bad teams.

Derrick Rose returns

Two seasons ago with a healthy Rose, the Chicago Bulls had the best record in the NBA. The point guard played at such a high level in the pre-season it's entirely likely they get back to that lofty height. And if they do, can they win it all?

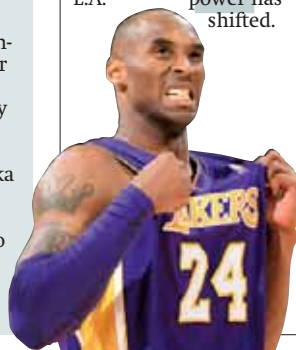


When will Thunder roll?

The Oklahoma City Thunder will have to wait four to six weeks for Russell Westbrook to get healthy enough to play following knee surgery. Can Kevin Durant, Serge Ibaka and Kendrick Perkins hold down the fort long enough for Westbrook to get back up to speed?

Who rules L.A.?

Remember all those years when the Lakers were competing for championships and the Clippers were a laughingstock? They're gone. Doc Rivers is leading the Clippers and Kobe Bryant's on the shelf right now for the Lakers and the balance of L.A. power has shifted.



The bottom halves

The locks for playoff spots at the top of each conference seem logical, but the races for the sixth, seventh and eighth post-season slots could be delightful. You've got Atlanta, Detroit, Washington, Toronto and Milwaukee in the East and Memphis, Houston, Denver, New Orleans, Minnesota and the Lakers in the West.

Too hot for Heat?

After two long runs to championships and the inevitable aging of an oldish roster, the question has to be asked: Will LeBron James and the Miami Heat have enough energy and enthusiasm to muster another tiring chase?



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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Montreal	12	7	5	0	35	22	14
Detroit	12	6	4	2	27	33	14
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	14
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
Philadelphia	10	3	7	0	18	27	6
N.Y. Rangers	10	3	7	0	15	35	6

Monday's results

Chicago 5 Minnesota 1
Dallas 4 Buffalo 3
Montreal 2 N.Y. Rangers 0
Pittsburgh 3 Carolina 1
Washington at Vancouver
Sunday's results
Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)

Monday's result

Boston 3 St. Louis 1

Sunday's result

Boston 4 St. Louis 2

Wednesday's game — All Times Eastern

St. Louis (Wacha 4-1) at Boston (Lackey

10-13), 8:07 p.m.

Thursday's game

x-St. Louis (Kelly 10-5) at Boston (Peavy

12-5), 8:07 p.m.

x — played only if necessary.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	12	7	2	3	39	33	17
Minnesota	13	6	4	3	30	31	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	11	5	5	1	30	34	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

San Jose 5 Ottawa 2

Tampa Bay 4 Florida 3 (SO)

Tuesday's games — All Times Eastern

Dallas at Montreal, 7 p.m.

Anaheim at Philadelphia, 7 p.m.

N.Y. Rangers at N.Y. Islanders, 7 p.m.

Tampa Bay at New Jersey, 7:30 p.m.

Ottawa at Chicago, 8 p.m.

Winnipeg at St. Louis, 8 p.m.

Toronto at Edmonton, 9 p.m.

Los Angeles at Phoenix, 10 p.m.

MLS

Sunday's results

Houston 2 D.C. United 1

Los Angeles 1 Seattle 1

New England 1 Columbus 0

New York 5 Chicago 2

Vancouver 3 Colorado 0

(End of Regular Season)

PLAYOFFS

KNOCKOUT ROUND

(Single-game elimination)

WESTERN CONFERENCE

Wednesday's game — All Times Eastern

Colorado at Seattle, 10:30 p.m.

EASTERN CONFERENCE

Thursday's game

Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.

y — clinched division.

Friday's games — All Times Eastern

Montreal at Toronto, 7 p.m.

Calgary at B.C., 10 p.m.

Saturday's games

Hamilton at Winnipeg, 2 p.m.

Edmonton at Saskatchewan, 5 p.m.

(End of Regular Season)

NFL

WEEK EIGHT

Monday's result

Seattle 14 St. Louis 9

Sunday's results

Arizona 27 Atlanta 13

Cincinnati 49 N.Y. Jets 9

Denver 45 Washington 21

Detroit 31 Dallas 30

Green Bay 44 Minnesota 31

Kansas City 23 Cleveland 17

New England 27 Miami 17

New Orleans 35 Buffalo 17

N.Y. Giants 15 Philadelphia 7

Oakland 21 Pittsburgh 18

San Francisco 42 Jacksonville 10

Thursday's result

Carolina 31 Tampa Bay 13

NBA

REGULAR SEASON

Tuesday's games — All Times Eastern

Orlando at Indiana, 7 p.m.

Chicago at Miami, 8 p.m.

L.A. Clippers at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

Taurus

April 21 - May 21

You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

Gemini

May 22 - June 21

Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

Cancer

June 22 - July 23

You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

Leo

July 24 - Aug. 23

Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

Virgo

Aug. 24 - Sept. 23

You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

Libra

Sept. 24 - Oct. 23

Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

Scorpio

Oct. 24 - Nov. 22

The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

Sagittarius

Nov. 23 - Dec. 21

Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

Capricorn

Dec. 22 - Jan. 20

Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

Aquarius

Jan. 21 - Feb. 19

What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

Pisces

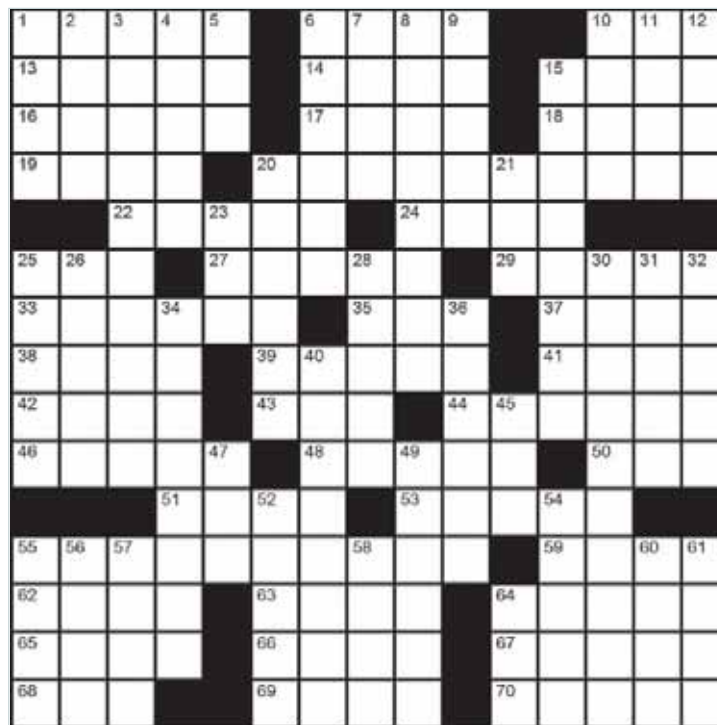
Feb. 20 - March 20

You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Hoarse
- "Stay (I Missed You)" singer Lisa
- #55-Down's kitchen drawer pal
- Type, then press this button
- Crucifix inscription
- Mr. Gyllenhaal
- Ernie's muppet pal's namesakes
- Churn
- Re-work the written work
- ___ of words
- Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
- Close-fitting
- Eagerly excited
- "Yuck."
- Tomato ___
- 1861 George Eliot novel, ___ Marner
- Drink of the gods
- Relieved-one's sound
- Neither masc. nor fem.
- ___ pronounce you...": 2 wds.
- ___ outta heeere!" (Haunted house inhabitant's holler)
- Station: French
- Perfectly good
- Compass reading
- Square peg
- Pine
- Hat parts



- Pre-AD years
- "2001: A Space Odyssey" (1968) star Mr. Dullea
- Canadian margarine brand
- Robert De Niro movie: 2 wds.
- Mouse-like critter
- Farm structure

- Baltic Sea feeder
- ___ not the time (Later is better)
- Layered hairstyle
- Prefix to 'culture'
- Clay pigeon shooting
- "Gangnam Style" rapper
- Prefix to 'morph-

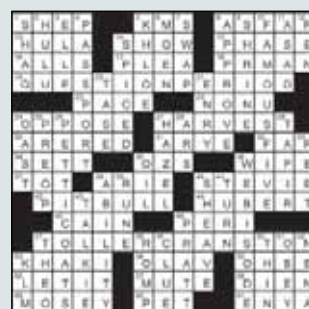
- Restricts
- ___ about (Circa): 2 wds.
- Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.⁹
- ___ (Microsoft founder, fun-style)

- Popular plants
- Ms. McEntire
- Freshly
- Vancouver Island: ___ Provincial Park
- Laboratory dish
- Century components, curtly

- "Voila!"
- ___ milk
- Mr. Rose of baseball
- Jeans-looking pants
- Billing
- Greek dawn goddess
- Student's 4.0, e.g.
- Merge
- Christina Aguilera's "___ in a Bottle"
- Spud
- Fall yard tool: 2 wds.
- Relating to gold
- Lets it stand (Proofreading term)
- 'Dance' in 2013 headlines
- Someone shortening pants
- Canadian energy company
- Q. "___ the follower of B?" A. "Indeed."
- Mr. Beatty
- Spanish airline
- "The Bare Necessities" part: "...wander, wherever ___"
- Call forth
- Recipe measurement [abbr.]
- Oohs and ___
- Hospital photo
- Green: French
- Lender's protection
- Ballpark figs.
- Bouncy check acronym

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

		9	3			8		
4	3			7	2			
7			6				9	
3				1				8
		6				4		
1				2				5
	5				8			6
			1	6			2	9
		4			9	7		

Today

6°/-1°
Sunny

Wednesday

7°/-1°
Rain or snow showers
40%

Your #1 weather forecast now available in HD.

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THE PUCK STOPS HERE!

STEELE HYUNDAI IS THE PLACE TO SAVE!

WE'LL PAY TOP DOLLAR FOR YOUR TRADE!!



2013 **ACCENT** 5 DOOR

\$36
/WK*

- ✓ TILT WHEEL
- ✓ 4 WHEEL DISC BRAKES WITH ABS
- ✓ AM/FM/CD/MP3 AUDIO SYSTEM
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ✓ DRIVER'S SEAT ARMREST & HEIGHT ADJUSTMENT



2013 **GENESIS** SEDAN

SAVE
UP TO

\$10,000

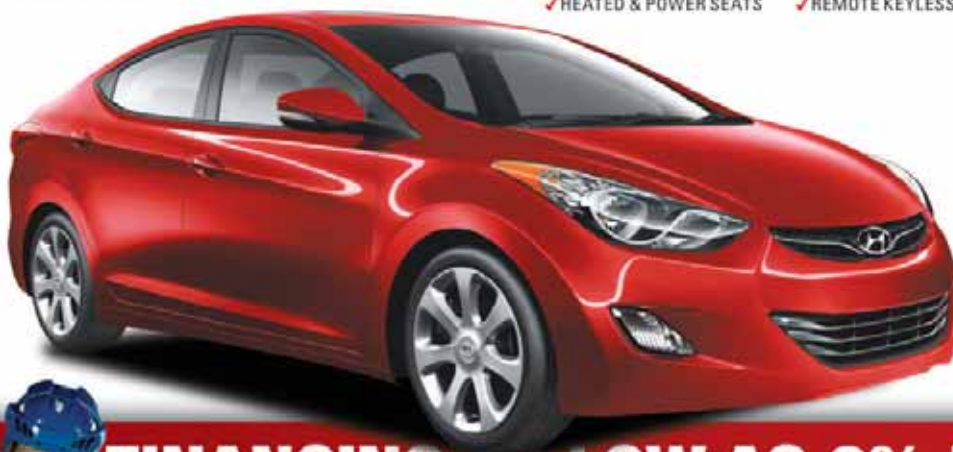
- ✓ 8 SP AUTO W/SHIFTRONIC
- ✓ AIR CONDITIONING
- ✓ HEATED & POWER SEATS
- ✓ HANDS-FREE BLUETOOTH
- ✓ POWER GROUP
- ✓ REMOTE KEYLESS ENTRY



2013 **SONATA** GL

\$59
/WK*

- ✓ 6 SPEED AUTO W/SHIFTRONIC
- ✓ AIR CONDITIONING
- ✓ HEATED SEATS
- ✓ HANDS-FREE BLUETOOTH
- ✓ POWER GROUP WITH REMOTE KEYLESS ENTRY



2013 **ELANTRA** 4 DOOR

\$39
/WK*

- ✓ 4-WHEEL DISC BRAKES WITH ABS
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ✓ AM/FM/CD/MP3 / 6 SPEAKERS
- ✓ STABILITY & TRACTION CONTROL
- ✓ POWER LOCKS AND MIRRORS



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**THE PUCK STOPS HERE AT STEELE HYUNDAI!
HELP GET A KID IN THE GAME!**

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